



Youth Risk Behavior Survey

The 2005 Indiana Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) is part of a biennial national effort led by the Centers for Disease Control and Prevention (CDC). The YRBS monitors health risks and behaviors in six categories, which are related to the leading causes of mortality and morbidity among both youth and adults. Data is collected from 9th through 12th graders on behaviors that contribute to physical activity, nutrition, tobacco use, alcohol and other drug use, violence and injuries, and sexual behavior.

During the spring of 2005, the Indiana

State Department of Health conducted the YRBS in 53 public high schools. Weighted data was obtained from 1,528 students in grades 9th through 12th. The survey participants included 797 (50.9%) males and 731 (49.1%) females. The survey results provide useful data that can be used to make important inferences about 9th through 12th grade students statewide due to the research based method of random selection used to gather the data. Additional demographic information about the 2005 Indiana YRBS survey respondents is summarized in Table I.

TABLE I
2005 Indiana YRBS Demographic Information

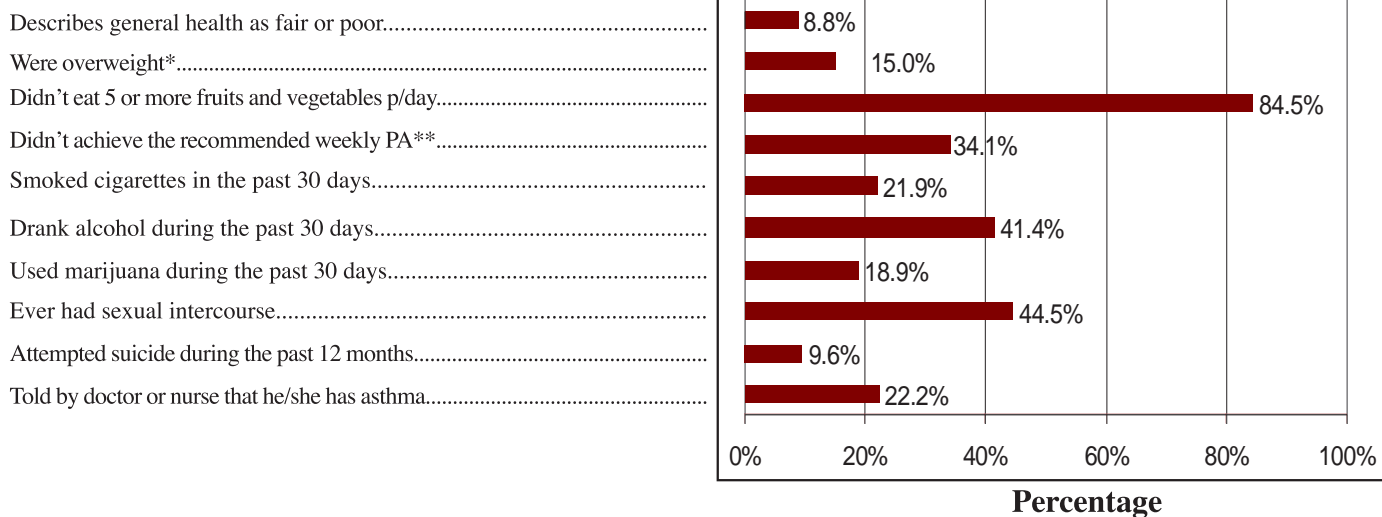
Total:	1,528 (100.0%)
Grade:	
9 th	411 (28.8%)
10 th	378 (26.1%)
11 th	428 (24.0%)
12 th	303 (21.1%)
Missing	8
Race/Ethnicity:	
Black*	165 (11.0%)
Hispanic/Latino	74 (2.6%)
White*	1,161 (82.2%)
All other races	48 (1.7%)
Multiple races	72 (2.5%)
Missing	8

*non-Hispanic

Figure I provides an overview of the principal components and results of the 2005 Indiana YRBS.

FIGURE I

2005 Indiana YRBS Overview



* At or above the 95th percentile for body mass index, by age and sex. The body mass index is calculated based on self reported weight and height data.
** Recommended levels of physical activity: at least 20 minutes of vigorous physical activity on three or more of the past seven days or at least 30 minutes of moderate physical activity on five or more of the past seven days.

Changes Over Time in Indiana

The following statistically significant trends were identified for 9th through 12th grade students in Indiana from 2003-2005:

Decreases Over Time (2003 vs. 2005)

- ☐ Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days (20.3% vs. 15.5%)
- ☐ Percentage of students who drank three or more glasses per day of milk during the past seven days (21.1% vs. 16.2 %)
- ☐ Percentage of students who took diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight during the last 30 days (10.1% vs. 6.8%)
- ☐ Percentage of male students who smoked a whole cigarette for the first time before age 13 years (23.7% vs. 18.2%)
- ☐ Percentage of male students who used marijuana one or more times during their life (48.8% vs. 41.3%)
- ☐ Percentage of female students who rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days (27.1% vs. 21.6%)

Increases Over Time (2003 vs. 2005)

- ☐ Percentage of students who are overweight* (11.5% vs. 15.0%)
- ☐ Percentage of female students who did not participate in any vigorous or moderate physical activity during the past seven days (7.3% vs. 12.1%)
- ☐ Percentage of students who used a condom during the last sexual intercourse (55.4% vs. 62.6%)
- ☐ Percentage of students who actually attempted suicide one or more times during the past 12 months (6.6% vs. 9.6%)
- ☐ Percentage of students whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months (1.6% vs. 3.5%)
- ☐ Percentage of female students who were hit, slapped, or physically hurt by their boyfriend or girlfriend during the past 12 months (9.3% vs. 13.5%)

* At or above the 95th percentile for body mass index, by age and sex. The body mass index is calculated based on self reported weight and height data.

Health officials can use YRBS data to monitor progress towards achieving the U.S. Department of Health and Human Services' Healthy People 2010 objectives. YRBS data can also be used by anyone working with Indiana youth as a tool to help establish priorities, seek grant funding, evaluate health programs, and determine trends over time.

For More Information:

Indiana State Department of Health: 1-800-433-0746

2005 Indiana Youth Risk Behavior Survey (YRBS): www.in.gov/yrbs

Centers for Disease Control and Prevention - Youth Risk Behavior Surveillance System: www.cdc.gov/healthyyouth/yrbs
